

**LISTING OF THE CLAIMS**

The following is a complete listing of the claims.

1.-39. (Canceled)

40. (Currently Amended) A green carbon foam comprising a density ranging from about 0.1 g/cm<sup>3</sup> to about 0.8 g/cm<sup>3</sup> and a compressive strength below about 6000 psi manufactured by the process comprising:

heating high volatile bituminous coal particles exhibiting a free swell index ranging from about 3.5 to about 5.0 at a range in the range of about 1°C/minute to about 20°C/minute to a temperature ranging from about 300°C to about 700°C in a pressure controlled reactor under a pressurized non-oxidizing atmosphere having a pressure from about 50 psi that of free flowing gas to about 500 psi; and

controllably cooling said green carbon foam at a cooling rate of less than about 10°C/minute to a temperature of about 100°C.